



EAST BEND SENIOR COMMUNITY CENTER NEWS



A North Carolina Certified Senior Center of Excellence

MAY 2018

Important Announcements



Remembering the men and women who died while serving our country.

Every Friday at 10 a.m. - My Journal: Share your "Life's Journey". Write your journal with funny stories and memories you want to share with family and/or friends. We will provide notebooks. See Rhonda for your book.

May 18th at 10:30 a.m. - OLD FASHION DAY...A Blast From The Past

Wear your bonnets, long dresses, or overalls and join us as we celebrate **Older American's Month**.

Guests are asked to bring a dish of food to share with friends, such as a casserole or dessert.

Bring in old photos and recipes to share.

Door Prizes!!!

May 15 6-8 PM Social Security Basics with John Brais and Scott Walker

LEARN FACTS:

- The History of Social Security
- How Social Security Works
- Social Security Timing
- General Claiming strategies
- Tax Considerations
- How Social Security should function as part of an overall income plan
- How to maximize Social Security

Raffle:

\$500 Gift Certificate from Foothills Meat Center. Tickets \$2 each

Drawing: June 28th, 2018 *Proceeds benefit the YVEDDI Meals on Wheels Program*

Holiday/Closing Schedule

May 8th: Closed for Voting

May 28th: Holiday (Memorial Day)

Information and Referral

- Fitness Health Promotion
- Senior Games
- Family Support Groups
- Transportation Medical/General
- Caregivers Classes
- Energy Assistance
- Home Repair/ Modification
- Medicaid/Medicare Benefits
- Job Training Placement
- Telephone Reassurance
- Disaster Services
- Long-term Care Facilities
- Rehabilitation Services
- Durable Medical Equipment Asst. Device
- Health Screenings
- Food Distribution
- Tax Preparation Counseling
- Legal Services
- Respite Housing
- Adult Day Care/Day Health
- Reverse Mortgage Counseling
- Home Health Services
- In-home Aide Services
- Hospice Care
- Social Security Benefits
- Community Mental Health
- Congregate/Home Delivered Meals
- Insurance Counseling (SHIIP)
- Report Suspected Abuse, Neglect or Exploitation

How You Can Give...

The YVEDDI Senior Centers of Yadkin County are proud United Fund Agencies!

We encourage you to SUPPORT THE Yadkin County United Fund

By Mail: Yadkin County United Fund
205 S. Jackson Street • Yadkinville, NC 27055
Or visit www.yadkincountyunitedfund.org



ENGAGE AT EVERY AGE: MAY 2018

MAY 2018

Mon	Tue	Wed	Thu	Fri	
	1 10 Journal Now 10 Craft Class/Polka Dots 11 Judy and Roy 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	2 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	3 10 Journal Now 10 Pickle Ball/Corn Hole 11 Bingo 6 Zumba 2 \$4 7:30 Line Dance Adv \$4	4 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook	
	7 9:30 Couples Dance \$4 10 Journal Now 11 Fellowship 12 Crocheting 5:30 Variety Dance \$4	8 Closed for Voting	9 10 Journal Now 11 Dots Music 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	10 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	11 10 Journal Now 10 My Journal 10:30 Blood pressure <input checked="" type="checkbox"/> 11 Exercise with Natalie 7 Rook
	14 9:30 Couples Dance \$4 10 Journal Now 11 Georges Band 12 Crocheting 5:30 Variety Dance \$4	15 10 Journal Now 11 Brain Games 6 Social Security Education 7 Sassy Seniors	16 10 Journal Now 11 Sassy Senior Dance 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	17 10 Pickle Ball/Corn Hole 10 Journal Now 11 Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	18 10 Journal Now 10 My Journal 10:30 Older Americans Month Event 11 Exercise with Natalie 7 Rook
	21 9:30 Couples Dance \$4 10 Journal Now 11 Visitation 12 Crocheting 5:30 Variety Dance \$4	22 10 Journal Now 11 Deputy Diaz 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	23 10 Journal Now 11 Brain Teasers 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	24 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	25 10 Journal Now 10 My Journal 11 Exercise with Natalie 7 Rook
	28 CLOSED (Memorial Day)	29 10 Journal Now 11 New and old photos 6 Zumba 1 \$4 60+ \$3 7 Sassy Seniors	30 10 Journal Now 11 Likes and Dislikes 12:30 Quarter BINGO 1 Sr. Bowling Mt Airy \$1.50 per game	31 10 Pickle Ball/Corn Hole 10 Journal Now 11 Nutrition Bingo 6 Zumba 2 \$4 60+ \$3 7:30 Line Dance Adv \$4	Lunch is served daily at 11:30 am for ages 60 & older. You must be registered. Contact the Nutrition Site Manager for more information.



Mission Statement: "To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."